

Milk

Allowed

- Any brand
- Reduced/Low Fat milk (skim, ½%, 1%, 2%)
- Whole milk (if printed on WIC check)
- Container size as printed on WIC check



Not Allowed

- Almond milk
- Coconut milk
- Filled milk
- Flavored milk (chocolate, strawberry)
- Milk substitutes
- Organic milk
- Rice milk
- Sweetened condensed milk

Cultured Buttermilk

- Any brand
- Quart size only

Evaporated Milk

- Store brand only
- Evaporated whole milk (if printed on WIC check)
- Evaporated low fat/fat free milk
- 12 oz can only



Non-Fat Dry Milk

- Store brand only
- 8 quart box only

Reduced/low fat milk has the same nutrients as whole milk, but with less fat and fewer calories.

Goat Milk

- Meyenberg brand only
- Evaporated whole goat milk (12 oz can only)



Lactose Free Milk

- Lactaid brand only
- Whole
- Skim through 2%
- Half gallon container only
- Plain

Soy milk

- (if printed on WIC Check)
- 8th Continent brand only
- Original plain and vanilla flavor only
- Half gallon container only

Original
Plain



Vanilla

Tofu (if printed on WIC check)

- **Mori-Nu Brand:**
 - Silken Tofu Soft (12 oz)
 - Silken Tofu Firm (12.3 oz)
 - Silken Tofu Extra Firm (12.3 oz)
 - Silken Lite Tofu Firm (12.3 oz)
 - Organic Silken Tofu Firm (12.3 oz)
- **Azumaya Brand:**
 - Firm Tofu (14 oz)
- **NaSoya Brand:**
 - Extra Firm Tofu Organic (14 oz)
 - Firm Tofu Organic (14 oz)
 - Silken Tofu Organic (16 oz)



Note: With physician's order, tofu and/or soy milk can be issued to children.

Cheese

Allowed

- Store brand only, block, domestic, American, Cheddar (extra sharp, sharp, medium or mild), Colby, Colby Jack, Monterey Jack, Mozzarella cheeses
- 8 or 16 oz blocks
- Store brand sliced American cheese only



Not Allowed

- Cheese additives
- Deli cheese
- Cheese food
- Cheese spread
- Cheese product
- Cholesterol-reduced cheese
- Individually wrapped slices
- Low Fat/Fat Free cheese
- String cheese
- Grated cheese
- Flavored cheese
- Shredded cheese
- Organic cheese

Brown Rice

Allowed

- Whole unprocessed grain
- 16 or 32 oz packages only
- Store brand only



Not Allowed

- Instant rice
- Organic products

Eggs

Allowed

- Large, white, grade A or AA
- 1 dozen package only



Not Allowed

- Low cholesterol eggs
- Organic eggs
- Specialty eggs
- Brown eggs

Peanut Butter

Allowed

- Smooth, creamy or regular, store brand only
- 18 oz jar only



Not Allowed

- Crunchy peanut butter
- Low fat peanut butter
- Organic peanut butter
- Mixtures with jams, jellies or honey

Canned Beans

Allowed

- Butter beans, Garbanzo beans, Kidney beans, Navy beans, Pinto beans and Red beans
- Bush's Best brand only
- 16 oz can only



Dry Beans, Peas & Lentils

Allowed

- Any variety of plain, mature dry beans, peas or lentils
- Store brand only
- 16 oz package only



Not Allowed

- Organic products
- Additives or flavors

Beans are high in protein, folate, fiber and have no cholesterol. Try some today!

Women:

Fully Breastfeeding

Canned Fish

- Light Tuna, (5 or 6 oz)
 - Water packed only
 - Chunk, solid or grated
- Pink Salmon (5, 6, or 7.5 oz)
 - Water packed only
- Sardines (3.75 oz)
 - Water packed only
- **No** foil pouches



For use by local WIC provider.

Missouri Department of Health and Senior Services WIC and Nutrition Services

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WIC-640 (05-11)

Missouri WIC

Special Supplemental Nutrition Program
for Women, Infants and Children

Approved Food List Women & Children



Effective October 1, 2011 -
September 30, 2013

